

StrongBoard Balance® Initiates Consumer Appreciation Program

Social Media Contests Award Lucky Winners with ONE StrongBoard Balance Each Week for Remainder of 2013!

October 22, 2013 --- MARINA DEL REY, Calif. --- [StrongBoard Balance®](#) - “An Evolution in Fitness™” – initiates a customer appreciation program. Each week a lucky winner will receive one of the revolutionary balance boards for the remainder of 2013. There are a variety of ways to enter the contests, all utilizing social media. No purchase is necessary to win.

Weekly contests include: “Why you should win a StrongBoard Balance” [Twitter](#) and [Facebook](#) contests, user submitted videos on [YouTube](#), photo contests, and more. Hundreds of interested contestants have submitted their entries to win the revolutionary fitness board.

Five StrongBoard Balance boards have already been given to five lucky winners. The winners have already started integrating the boards into their fitness routines and sharing their StrongBoard Balance stories with friends, colleagues, and the press.

“I would like to thank StrongBoard Balance for having their contest,” says winner and NASM Certified Personal Trainer [Jennifer Powers](#). “I’m very excited to use my StrongBoard not only for myself, but for my clients, as we work on strengthening their core and improving their balance.”

To participate in the StrongBoard Balance contests on Twitter, visit <https://twitter.com/StrongBoard>. To participate on Facebook, visit <https://www.facebook.com/Strongboard>. To participate on YouTube, visit <http://www.youtube.com/user/strongboardbalance>.

StrongBoard Balance creator Mike Curry says, “As the user videos and feedback on our YouTube channel show, StrongBoard Balance has acquired a positive reception from all walks of life. Utilizing social media for the consumer contests helps us to continue to target all demographics, even beyond fitness buffs, as StrongBoard is for everyone.”

Curry adds, “We are looking forward to getting these boards out to more winners for the rest of the year, and truly evolving how people work on their strength, endurance, and flexibility.”

StrongBoard Balance is a one-of-a-kind, premiere balance platform for all levels of fitness enthusiasts. The revolutionary balance board increases strength and stamina, while optimizing physical health – all through balance and focused weight training. Designed to compliment and intensify users’ favorite workout routines via a portable and electricity-free platform, [StrongBoard Balance](#)’s patented “multi-spring technology”

provides full-body fitness to increase muscle activation and calorie burn. Visit www.StrongBoardBalance.com for options, pricing and more information.

About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere balance platform for all levels of fitness enthusiasts. Designed to compliment and intensify users' favorite workout routines, StrongBoard Balance's patented "multi-spring technology" provides full-body fitness to increase muscle activation and calorie burn. As a portable and electricity-free platform, it allows users to train using their own body weight for resistance during full-motion exercises. Paired with a licensed physical therapist, StrongBoard Balance aids in the recovery of many injuries created by imbalance. It gently increases the patient's flexibility, range of motion, and strength. Over time and with repeated use, exercising with StrongBoard Balance helps rebuild the bridge between the brain and the injured muscle. As users regain strength and decrease the pain associated with the injury, their range of motion increases allowing for increased blood flow and further healing. For more information, visit <http://StrongBoardBalance.com>, www.Twitter.com/StrongBoard, www.YouTube.com/user/StrongBoardBalance, or www.facebook.com/StrongBoard.

About StrongHold Fitness:

We are a health and wellness company, which concentrates on making the best fitness products on the planet. We care deeply about the connection between mind and body and assert everyone has the right to be fit. This is why our products are designed for every BODY; young and old, gym rat and nine-to-fiver, those in peak physical condition, or recovering from injury. We believe BALANCE is the key to radiant life energy. With compassion for ourselves, and our planet, we can collectively achieve any goal we desire. All StrongHold Fitness™ products are proudly made in America. For more information, visit <http://strongboardbalance.com/about/>.

About Mike Curry:

Mike Curry is a Certified Fitness Coach in Los Angeles with nearly 20 years of experience. He has true passion for his work and takes pride in generating long term results for his clientele, which includes a host of professional athletes, Hollywood celebrities and renowned physicians. Curry is also co-owner of Stronghold Fitness, LCC, producer of revolutionary fitness equipment items, StrongBoard Balance and StrongBoard Bench. The products employ one of Curry's many areas of fitness expertise, utilizing balance techniques to strengthen the core, build stronger stabilizing muscles and increase neuropathic communication. Curry is also an expert in nutrition counseling and motivation towards adhering to a healthy lifestyle.

Keywords:

StrongBoard Balance, Stronghold Fitness, balance board, platform, springs, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, coordination, muscles, injury, rehab, rehabilitation, sports, athletes, physical trainer, motion, core strength, Mike Curry, Adella Curry, StrongBoardBalance.com

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For more information please contact:

General Information

info@strongboardbalance.com

Sales, Distribution & Wholesale Inquiries

Sales@StrongBoardBalance.com

Marketing and PR Department

adella@strongboardbalance.com